



HRI COLD & FLU ECHINACEA Tablets



Echinacea purpurea root extract 56 mg

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Always take this medicine exactly as described in this leaflet, or as your doctor, or pharmacist or qualified healthcare practitioner has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor or qualified healthcare practitioner if your symptoms worsen or do not improve after one week.
- If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in this leaflet.



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1. What HRI Cold & Flu Echinacea is and what it is used for

What HRI Cold & Flu Echinacea is

This product is a traditional herbal medicinal product containing *Echinacea purpurea* root extract. Each film coated tablet contains 56 mg of extract (as dry extract) from *Echinacea purpurea* root (equivalent to 338mg-450mg of *Echinacea purpurea* (L.) Moench, root). Extraction Solvent: Ethanol 75% v/v.

What HRI Cold & Flu Echinacea is used for

HRI Cold & Flu Echinacea is a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza (flu) type infections based on traditional use only.

2. Before you take HRI Cold & Flu Echinacea

× Do not take this product if you:

- Are **pregnant or breastfeeding**
- **Are allergic to Echinacea or products from the same plant family:** (Asteraceae/Compositae) such as daisies, marigolds or artichokes or any of the other ingredients of this product (see section 6 further information).
- **Are under the age of 12 years**
- Suffer from frequent allergic reactions such as hives (urticaria) eczema, asthma
- Suffer from the infection tuberculosis
- Suffer from connective tissue disease with formation of clumps of cells (sarcoidosis), mainly occurring in the lymph nodes, lungs or liver
- Suffer from autoimmune conditions such as inflammation of the connective tissue (collagenoses), or multiple sclerosis
- Suffer from conditions which decrease your resistance to infection (eg HIV or AIDS)
- Are undergoing therapy to decrease your natural response to infection eg chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant
- Suffer from blood disorders involving the white blood count system such as low white blood cell count due to bone marrow disorders (agranulocytosis) or blood cell cancers (leukaemia)

Consult your doctor before taking this product:

- If you are prone to develop allergic reactions. Echinacea can trigger severe and life threatening allergic reactions in patients who have a tendency to allergic reactions.

Taking other medicines:

Tell your doctor or pharmacist before use if you are taking any other medicines, including those obtained without a prescription or you have any autoimmune conditions.

- **Do not use this product if you are taking any immunosuppressant medication such as ciclosporin or methotrexate.**

3. How to take HRI Cold & Flu Echinacea

Adults (over the age of 12 years) and the elderly:

Take 1-2 tablets twice a day. Start at the first signs of a common cold. Swallow the tablet whole with some water or other liquid. Do not chew. Do not take this medicine for more than 10 days. If your symptoms worsen, if high fever develops or if symptoms persist for more than 10 days, consult your doctor or qualified healthcare practitioner.

Do not take more than the leaflet tells you to.

If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose. Do not take a double dose to make up for it.

4. Possible side effects

Like all medicines, this product can have side-effects. These are listed below:

- **Allergic skin reactions like swelling, hives or rashes**
- **Swelling of the facial area (Quincke's Oedema)**
- **Swelling of the skin due to fluid**
- **Shrinking of the airways in the lungs with obstruction (bronchospasm)**
- **Asthma and life threatening allergic reactions (anaphylactic shock)**

Echinacea can trigger allergic reactions in people with a tendency to develop allergic conditions.

Stop taking this product immediately if you experience any allergic reaction.

Association with autoimmune diseases has been reported such as:

- **Inflammation of the brain and spinal cord (disseminated encephalitis)**
- **Painful lumps on the shins (erythema nodosum)**
- **Low blood platelet count (immunothrombocytopenia)**
- **Destruction of blood cells by antibodies (Evans syndrome)**
- **Dryness in the mouth and eyes with renal tubular dysfunction (Sjorgen's syndrome)**

A decrease in the number of white blood cells (leucopenia) may occur in long term use (greater than 8 weeks).

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store HRI Cold & Flu Echinacea

✗ Do not use your tablets after the expiry date.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment. The expiry date is printed on the box and the blister.

! Keep the tablets out of the sight and reach of children.

✓ Do not store above 25°C. Store in the original packaging.

✓ Keep your tablets in the packaging until it is time to take them.

6. Further information

Active ingredient: Each film coated tablet contains 56 mg of extract (as dry extract) from *Echinacea purpurea* root (equivalent to 338mg-450mg of *Echinacea purpurea* (L.) Moench, root). Extraction Solvent: Ethanol 75% v/v.

This product also contains the following ingredients:

Herbal extract: Maltodextrin, Colloidal Anhydrous Silica.

Tablet core: Dicalcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Colloidal Anhydrous Silica, Magnesium Stearate, Stearic Acid.

Tablet coating: Hypromellose, Iron Oxide Red (E172), Iron Oxide Black (E172), Titanium Dioxide (E171), Purified Talc.

What these tablets look like

HRI Cold & Flu Echinacea tablets are pale pink circular biconvex film coated tablets. This product is blister packed and available in 30, 60, 90 pack sizes. Not all pack sizes may be marketed.

Registration holder for this product:

The Herbal Research Company Limited, 27 Old Gloucester Street, London WC1N 3XX, UK.

Traditional Herbal Registration Number: THR 02231/0001

Manufacturers:

Surepharm Services Ltd, Burton-on-Trent, DE15 0YZ, UK.

Honeywood Ltd, Wellingborough, NN8 2QY, UK.

If you would like further information about this product please contact:

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For large print, Braille or audio version of this leaflet call 01932 854825.

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